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1937

BORDER RURAL DISTRICT
COUNCIL

ANNUAL REPORT

OF THE

MEDICAL OFFICER OF
HEALTH

JAMES LAMBERTON,

M.B., CH.B., D.P.H.

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BORDER RURAL DISTRICT COUNCIL.

**ANNUAL REPORT OF THE MEDICAL OFFICER
OF HEALTH FOR THE YEAR 1937
with the
SANITARY INSPECTOR'S REPORT.**

Staff.

JAMES LAMBERTON, M.B., Ch.B., D.P.H., Medical Officer of Health.
J. S. WATSON, R.S.I., and Meat and Food Inspector's Certificate,
Sanitary Inspector and Housing Officer.
C. W. FRASER, R.S.I. (Scot.), Assistant Sanitary Inspector and
Housing Officer.

TO THE BORDER RURAL DISTRICT COUNCIL.
MR. CHAIRMAN, LADIES AND GENTLEMEN,

I beg to submit to you my Fourth Annual Report on the Health Services of your area. This Report is prepared in accordance with Circular 1650 of the Ministry of Health. I think we can look back on the year with satisfaction and that, in general, progress has been made.

Vital Statistics for 1937 are of considerable interest. The Birth-rate again shows our District in a bad light and is below the average for the country. This fall is to be deplored. Maternal mortality shows again a nil return, for the third year in succession, which is very gratifying. Infantile mortality is well below the average.

The General Health of the population has been very good. Only five cases of Diphtheria have been notified during the year, with no deaths, which is a welcome reduction from 1936, with 28 notifications and 3 deaths.

During January and February, many days were lost by the pupils attending the various Schools because of the prevalence of Influenza.

The existing Water Supplies have been adequate and the reports of the analyst have called for no special action.

Sewerage Schemes for certain villages have been completed and others are in progress.

Whilst Housing in particular areas does not seem to get ahead, it is pleasing to see the houses erected in Cummërsdale, Cumwhinton, and Cargo and to hear the words of praise by the people occupying those finished. I am certain no family now in residence in these would wish to return to their former conditions.

I wish to thank my colleagues on your staff for their help and guidance.

I am, Ladies and Gentlemen,

Your obedient Servant,

JAMES LAMBERTON, M.O.H.

STATISTICS AND SOCIAL CONDITIONS OF THE AREA.

I—Area (in acres)—250,464

II—Population—Registrar-General's estimate of Resident Population, Mid 1937—25,610.

III—Number of Inhabited Houses (end of 1937), according to Rate Books—9446

IV—Rateable Value £117922

V—Sum represented by a Penny Rate—£469

SOCIAL CONDITIONS—The inhabitants are principally employed in agricultural pursuits. There is a growing residential population springing up, especially in that part of your district in proximity to Carlisle City. There are Mills, Calico Works, Mines, Quarries and Brickworks, but these do not influence the general health of the population to any great degree.

EXTRACTS FROM VITAL STATISTICS.

	Total	Males	Females
Live Births— (I) Legitimate	331	158	173
Do. —(II) Illegitimate	31	19	12
	<hr/>	<hr/>	<hr/>
Total	362	177	185

BIRTH-RATE per 1000 of the estimated population—14.1.

By comparison with other areas, we find :—

(a) England and Wales	14.9
(b) 125 County Boroughs and large towns (including London)	14.9
(c) 148 smaller Towns (25,000 to 50,000) (1931 Census)	15.3
(d) London	13.3
(e) County of Cumberland	16.0
(f) Urban Districts of Cumberland (including Workington and Whitehaven)	16.9
(g) Rural Districts of Cumberland	15.3
(h) Rural District of Border	14.1

By comparison with other years we find :—

Years	1934.	1935.	1936.	1937.
Total Births	369	407	384	362.
Birth Rate	14.2	15.6	14.7	14.1

Declining Birth-Rate.

I cannot but again, in all seriousness, refer to the above subject. The trend at the present day means that the population is being starved at its source, whilst at the other end of the scale there is an increasing accumulation of elderly people in consequence of the decline in the mortality experience of young and middle aged people and the increased expectation of life at all ages. This accumulation of elderly people is proof of the success of public health measures and improvements in the treatment of disease, and shows in the clearest possible manner, that, in this country at least, we are proceeding along the right lines.

The decline in the birth-rate is a matter of most serious import, the profound significance of which has attracted astonishingly little attention so far. When, however, the public does wake up to the realities of the position, it will find itself confronted with a problem of such magnitude as to draw all others into insignificance.

The present trend of population movement indicates that about the middle of this century the population of this country will have reached its highest level. Then it will begin to decline, at first slowly, but later at an ever-accelerating rate.

This may solve the overcrowding problem without the necessity of the present overcrowding legislation.

We also must realise that, with the declining rate, the number of potential mothers declines *pari passu*. As a result of these two factors, namely :—

- (i) The Diminution in the number of potential mothers.
- (ii) The lowering of the Birth-rate,

the lowering of the death-rates amongst young people is no longer sufficient to make good the losses. Consequently, the inevitable result will be a gradual depopulation of the country and racial suicide.

In broad general terms this diminution of births is due to :—

- (a) Diminished racial fertility.
- (b) Deliberate artificial limitation.

More probably it is a mixture of the two : artificial limitation is so patent and obvious that further consideration is a mere waste of time. The melancholy feature of this is that the children who are now being born will be left to pay the penalty of their parents' action.

The decline began in the period 1881 to 1890 and has continued ever since, very much faster of recent years. The birth-rate has been more than halved since the beginning of this century.

Perhaps the feeling of uncertainty and insecurity which dogs the lives of many people, coupled with a consuming desire on the part of most parents that such children as they have shall be better equipped for the struggle for existence than they themselves, is a factor.

Insecurity has been the outstanding feature of the industrial and political world throughout the whole of this century and until security returns in both these spheres of life, there will be no change in the birth-rate.

Still Births.

		<i>Total.</i>		<i>Males.</i>		<i>Females.</i>
Total	...	11	...	6	...	5
Legitimate	...	9	...	4	...	5
Illegitimate	...	2	...	2	...	—
(a) Rate per 1000 births (Live and Still)						29.4
(b) Rate per 1000 of the population42

Numbers and rates by comparison with previous years.

(a)	Years	1934.	1935.	1936.	1937.
	Numbers	21	19	16	11
	Rates	53.7	44.6	40	29.4

(b)	Years	1934.	1935.	1936.	1937.	
	Numbers	21	19	16	11	
	Rates	.81	.73	.61	.42	
(a)	England and Wales60
(b)	125 County Boroughs and large towns (including London)67
(c)	148 Smaller Towns (25,000 to 50,000)64
(d)	London54
(e)	Rural District of Border42

Illegitimate Births.

Total	31
Male	19
Female	12
Rate per 1000 live births	85

In previous years we notice :—

Years	1934.	1935.	1936.	1937.
Numbers	30	39	23	31
Rates	81	95.8	59.9	85

Deaths.

Total	364
Male	206
Female	158
Crude Death-rate per 1000 of the population	14.2
Corrected Death-rate per 1000 of the population	11.6

Crude Death-rate compared with previous years ;—

Years	1934.	1935.	1936.	1937.
Numbers	347	353	327	364
Rates	13.3	13.5	12.5	14.2

Corrected Death-rate compared with previous years :—

Years	1934.	1935.	1936.	1937.
Numbers	347	353	327	364
Rates	10.5	11.07	10.2	11.6

In the various areas we find by comparison :—

(a) England and Wales	12.4
(b) 125 County Boroughs and great towns (including London)	12.5
(c) 148 Smaller Towns (25,000 to 50,000)	11.9
(d) London	12.3
(e) County of Cumberland	13.8
(f) Urban Districts of Cumberland (including Workington and Whitehaven) ...	13.9
(g) Rural Districts of Cumberland ...	13.3
(h) Rural District of Border	11.6

Causes of Death.

	Male	Female
All Causes	206	158
1. Typhoid and Paratyphoid Fevers	—	—
2. Measles	—	—
3. Whooping Cough	—	—
4. Diphtheria	—	—
5. Scarlet Fever	—	1
6. Influenza	13	7
7. Enccephalitis Lethargica	—	—
8. Cerebro-Spinal Fever	—	—
9. Tuberculosis of Respiratory System	6	4
10. Other Tuberculosis Diseases	1	1
11. Syphilis	—	—
12. General Paralysis of the Insane	—	—
13. Cancer	16	21
14. Diabetes	3	—
15. Cerebral Hæmorrhage	14	10
16. Heart Disease	61	46
17. Aneurysm	2	—
18. Other Circulatory Diseases	19	14
19. Bronchitis	2	3
20. Pneumonia (All forms)	7	8
21. Other Respiratory Diseases	2	3
22. Peptic Ulcer	3	2
23. Diarrhœa (under 2 years)	—	—
24. Appendicitis	—	1
25. Cirrhosis of Liver	2	—
26. Other Liver Diseases	—	1
27. Other Digestive Diseases	9	4
28. Acute and Chronic Nephritis	3	4
29. Puerperal Sepsis	—	—
30. Other Puerperal Diseases	—	—
31. Congenital Debility and Premature Birth	11	2
32. Senility	4	6
33. Suicide	2	—
34. Other Violence	6	4
35. Other Defined Diseases	20	14
36. Ill-defined Diseases	—	2
37. Diarrhœa (2 years and over)	—	—
Total		364

Maternal Mortality.

Rate per 1,000 total (Live and Still) births—

(i) Border Rural District	Nil.
(ii) England and Wales (Puerperal Sepsis)94
(iii) Other Puerperal Causes	2.17
				<hr/>
Total				3.11

Notifications.

(i) Puerperal Fever	1
(ii) Puerperal Pyrexia	1

Compared with previous years and rates per 1,000 total births.

Years	1935.	1936.	1937.		
Number	3	6	2	}	Fever and Pyrexia
Rates	7	15	5.3		

Compared with other areas :—

(a) England and Wales	13.93
(b) 125 County Boroughs and large towns (including London)	17.59
(c) 148 Smaller Towns (25,000 to 50,000)...				11.52
(d) London	18.49
(e) Rural District of Border...	5.3

Infantile Mortality.

Deaths of infants under 1 year—17.

	<i>Male</i>	<i>Female</i>
Legitimate	12	3
Illegitimate	1	1
		<hr/>
Total	13	4

Legitimate infants per 1,000 legitimate live births	45.3
Illegitimate „ „ illegitimate „	64.5
All infants per 1000 live births	46.9

Compared with other areas :—

(1) England and Wales	58
(2) 125 County Boroughs and Great Towns (including London)	62
(3) 148 Smaller Towns (25,000 to 50,000)	55
(4) London	60
(5) County of Cumberland	61
(6) Urban Districts of Cumberland (including Workington and Whitehaven)	59
(7) Rural Districts of Cumberland	63
(8) Rural District of Border	46.9

Compared with previous years :—

Years	1934.	1935.	1936.	1937.
Numbers	21	22	24	17
Rates	57	54	62	46.9

Cancer.

The number of deaths from the above disease was 16 males and 21 females—37.

If we compare with previous years we notice :—

Years	1933.	1934.	1935.	1936.	1937.
Deaths	43	45	48	46	37

Organs involved and ages at death :—

	<i>Organ.</i>	<i>Age.</i>	<i>Total.</i>
1	Stomach	59, 66, 58, 76, 73, 62, 71, 78, 62, 77, 63, 67, 59, 63	14
2	Oesophagus	53, 52, 56	3
3	Pancreas	65, 68	2
4	Breast	52, 83, 81, 57, 58	5
5	Mouth	69	1
6	Tongue	71	1
7	Kidney	59	1
8	Large Bowel	76	1
9	Prostate	74, 73	2
10	Fauces	82	1
11	Liver	44, 51, 60	3
12	Vagina	38	1
13	Parotid	67	1
14	Arm	75	1
			37

It is gratifying to notice that the number of Cancer deaths is lower than in former years. Unfortunately, there is still no indication of any decline throughout the country generally. Indeed, the crude mortality figures for England and Wales show an increase for 1936 as compared with previous years. The rising rates add to the difficulty of the administrative problem of providing adequate means of diagnosis and treatment. Investigation into the causation is going on with increased zeal and vigour.

Preventative measures are almost limited to modifying conditions arising in a few occupations and to surgical treatment. As regards curative treatment, the chief hope centres in early diagnosis which enables earlier treatment to be undertaken with greater promise of lasting cure.

- This entails (a) early diagnosis
 (b) operative surgery
 (c) Radium and Xrays.

Facilities for (b) can be had at our local hospitals and for (c) can be arranged through the County Health Department at the following centres :—

- (i) Newcastle and Manchester.
- (ii) Cumberland Infirmary—Carlisle.

County Public Assistance cases can be treated at the City General Hospital, Carlisle.

Cancer accounted for 10.1% of the total deaths.

Heart Disease.

Heart disease again heads the list of diseases causing the most deaths. During 1937, 107 died as a result of this, 61 males and 46 females.

These figures equal 29% of the total deaths.

Compared with previous years we find :—

Years	1934.	1935.	1936.	1937.
Numbers	113	92	100	107

Percentage of total deaths—32%, 26%, 30%, 29%.

The proportion of deaths from Heart Disease has steadily risen throughout the County during the past five years. There is, in my opinion, no doubt that this is due to this age of 'Hurry and Scurry.'

Deaths from Diarrhoea and Entiritis.

[under 2 years]

It is pleasing to record that we had no deaths during 1937 from the above, per 1000 live births. Other areas by comparison showed :—

1—England and Wales	5.8
2—125 County Boroughs and Large Towns (including London)	7.9
3—148 Smaller Towns (25,000 to 50,000)	3.2
4—London	12
5—Border Rural Area	Nil

Scarlet Fever.

The number of cases notified was 40.

By comparison with previous years we find :

Years	1934	1935	1936	1937
Numbers	53	83	51	40
Case Rate	2.4	3.2	1.2	1.5

per 1000 of the population.

Compare our area with the following:—

1—England and Wales	2.33
2—125 County Boroughs and Large towns (including London)	2.56
3—148 Smaller Towns (25,000 to 50,000)	2.42
4—London	2.09
5—Border Rural District	1.5

It would appear that, whilst the Case Rate in our area has remained level from last year, there has been a considerable diminution of Cases throughout the Country as a whole.

The patients, with ages in years, were distributed as follows:—

(a)—Low Moorhouse	1 (13)
(b)—Longtown ...	3 (4, 20, 7)
(c)—Kingmoor ...	2 (5 and 6)
(d)—Unthamk ...	5 (5, 11, 10, 7, 9)
(e)—Durdar	2 ($5\frac{1}{2}$, 39)
(f)—Carleton ...	5 (40, $5\frac{1}{2}$, 8, 24, 21)
(g)—Dalston	15 (7, 5, $3\frac{1}{2}$, 6, 9, 24, 45, 2, 8, 6, 10, 5, 10, 10, 5)
(h)—Burgh	1 (9)
(i)—Smithfield ...	1 ($3\frac{1}{2}$)
(j)—Halbankgate ...	1 (3)
(k)—West Hall ...	2 (7, 5)
(l)—Scotby ...	1 (5)
(m)—Cotehill ...	1 (11)
<hr/> Total 40 <hr/>	

Why Dalston Area should head the list two years in succession and account for most of the Cases, is exceedingly difficult to explain. Must we look on Dalston as a "Black Area" so far as Scarlatina is concerned? One death has to be recorded.

No experimental work with susceptibles was carried out during the year.

Diphtheria.

Five cases were notified, a welcome change from last year, when there were 28.

Previous years, Cases and Deaths were as under:—

Years.	1934	1935	1936	1937
Cases	3	12	28	5
Deaths	Nil	2	3	Nil

Distribution and ages (in years) —

(a)—Blackwell	1 (4)
(b)—Longtown	3 (23, 11, 9)
(c)—Dalston	1 (14)
			<hr/>
Total			5
			<hr/>

It is interesting to note that Brompton, the so-called "Black Area," had no cases.

Case-Rates for several areas by comparison (per 1000 of the population) —

(a)—England and Wales	1.49
(b)—125 County Boroughs and large Towns				
(including London)	1.81
(c)—148 Smaller Towns (25,000 to 50,000)	...			1.38
(d)—London	1.93
(e)—Border Rural District19

Pneumonia.

The number of Cases notified was 25.

The distribution and ages of these Cases was as under—

(a) Lobar Pneumonia.

(a)—Longtown	...	1 (35)
(b)—Garlands	...	12 (76, 58, 62, 57, 55, 84, 49, 64, 49, 54, 23, 70)
(c)—Burgh-by-Sands	...	3 (5, 66, 36)
(d)—Blackwell	...	1 (62)
(e)—Kershopefoot	...	1 (27)
(f)—Wreay	...	1 (30)
		<hr/>
Total		19
		<hr/>

(b) Influenzal Pneumonia.

(a)—Longtown	2 (68, 2)
(b)—Wreay	1 (28)
(c)—Dalston	1 (67)
(d)—Crosby-on-Eden	1 (63)
(e)—Little Orton	1 (35)
Total		6

The total deaths numbered 15 (7 males, 8 females).

Compared with previous years we notice :—

Years.	1934	1935	1936	1937
Numbers	30	15	16	25
Deaths	9	14	7	15
Percentage of the total deaths	4.
1936 do.	do.	2.1
1935 do.	do.	4.

The notifications and deaths were accounted for in a large measure by having such a Hospital as the Cumberland and Westmorland Asylum (Garlands) in our midst.

NOTIFICATIONS (Pneumonia).

Case-Rate per 1000 of the population9
(a)—England and Wales	...	1.36
(b)—125 County Boroughs and Large Towns (including London)	...	1.58
(c)—148 Smaller Towns (25,000 to 50,000)	...	1.20
(d)—London	...	1.18
(e)—Border Rural District9

Cerebro-Spinal Fever.

1 Case was notified (age 4) from Scotch Dyke. He recovered.

Erysipelas.

Number of Cases notified was 10.

Ages and Distribution.

(a)—Low Row	1 (25)
(b)—Longtown	1 (18)
(c)—Scotby	1 (44)
(d)—Dalston	2 (60, 30).
(e)—Brampton	2 (38, 49).
(f)—Garlands...	1 (71)
(g)—Kingstown	1 (55)
(h)—Hethersgill	1 (29)
Total				10

There were no deaths.

Infantile Paralysis.

Notified—2 Cases.

- 1—Moorville (age $3\frac{1}{2}$).
- 2—Hethersgill (age 13).

The latter Case was sent to the Orthopaedic Hospital at Windermere.

Typhoid and Paratyphoid.

a) Typhoid.

On 13th July, 1937, 2 Cases were notified from Sceughmire (in one house) (ages 18, 47).

On 17th May, 1937, 1 Case was notified from Burgh (14 years).

The origin in all 3 cases was obscure. The usual enquiries were made and the water, milk, &c., investigated and examined by the Pathologist (Cumberland Infirmary). Drains and Cesspools were scrutinised by your officials and close touch kept with the neighbouring M.O.H. and the County M.O.H. All recovered.

(b) Paratyphoid.

Six Cases occurred in one family at Shawkfoot, Dalston, mother and 5 Children (ages 40, 12, 9, 6, 3, 2). In this outbreak I had the valuable assistance of the Pathologist from the Cumberland Infirmary and the County M.O.H. All recovered.

Case-Rate per 1000 of the population .3.

Zymotic Diseases.

				Deaths			
				1934	1935	1936	1937
1.	Enteric Fever (Typhoid)	nil	1	nil	nil
2.	Measles	nil	nil	nil	nil
3.	Smallpox	nil	nil	nil	nil
4.	Scarlet Fever	nil	nil	nil	1
5.	Whooping Cough	nil	1	nil	nil
6.	Diphtheria	nil	2	3	nil
7.	Diorrhoea in Infants (under 2 years)	2		nil	2	2	nil
Total				2	4	5	1

Compared with previous years :—

Years.	1934	1935	1936	1937
Number	2	3	5	1
Zymotic Death Rate %	.57	1.1	1.5	.27

Arrangements can be made for cases of Whooping Cough and Measles to have hospital treatment if the home conditions are not suited for nursing efficiently.

General Provision of Health Services for the Area.

(a) Laboratory Facilities.

- (i) All specimens—Swabs, Sputa, &c.,
- (ii) Water Analysis—Bacteriological,
- (iii) Milk Sampling and Foodstuffs,

are sent to Dr. Faulds, Cumberland Infirmary, Carlisle. The work is carried out efficiently.

Samples of Well and Spring Water are examined chemically by myself. During the year several have been so examined.

(b) Ambulance Facilities.

Infectious Diseases.

(a) Carlisle District—All cases are removed to hospital by the City of Carlisle Infectious Diseases Ambulance. This is by arrangement with the Corporation. Disinfection is carried out by the man in charge when he removes the patient.

(b) Brampton and Longtown areas—All cases removed by the Infectious Diseases Ambulance stationed at the Isolation Hospital, Longtown. Again Disinfection is carried out by the man in charge.

In the event of any infectious Cases being nursed at home, disinfection is carried out by your officials on receiving notice from the Doctor in attendance. Infectious Cases are, in most instances, visited by the M.O.H. before admission to Hospital.

(c) Surgical and Medical Cases—Your area is efficiently covered by the Police Ambulance of Carlisle and by the New Ambulance now provided at Brampton.

Nursing in the Homes.

The following is a list of the District Nurses undertaking work in your area :—

1. Nurse Agnew, Station Road, Burgh-by-Sands.
2. „ Johnston, Fern Dene, Roadhead.
3. „ Taylor, The Bungalow, Wetheral.
4. „ Hamilton, North View, Low Row.
5. „ Coulson, Graham Street, Longtown.

6. „ Mitcheson, Ullermire, Kirklington.
7. „ Griffiths, 19 Gelt Road, Brampton.
8. „ Horman, Hayton.
9. „ Brown, Rowanlea, Newtown.
10. „ Kerry, Mount Villa, Roekcliffe.
11. „ Rogerson, Oakdyke, Houghton.
12. „ Murray, Buckabank, Dalston.
13. „ Smith, Bank House, Hallbankgate.
14. „ Gorden, Castle Hill, Renwick, Penrith.

It would appear from the above distribution that your area is served by this very essential service with the exception of the widely scattered districts of Raughton Head, Nicholforest, Askerton and Kingwater. A good Distriet Nursæ is a tremendous asset to any village, espeecially in Maternity Cases and I hope that all Parishes at present without a nurse will, in the near future, make every effort to raise the necessary funds for this laudable object.

I understand every material help would be given by the County Council in deserving cases. It would be ideal to have facilities to enable every person in our area to have the Services of a nurse as and when aquired.

Schools.

In my Annual Report for 1936 I submitted a brief summary of a lengthy Report on the Sanitary conditions of the Schools in your area. It is pleasing to know that during 1937, in a good many instances, progress has been made and certain renovations carried out. I still maintain that it is essential that all Elementary Schools should be provided with sanitation of a good modern type as otherwise during their most impressionable years, the children will get the idea that if foul and primitive sanitation is the standard allowed by the County Council, it ought to be good enough for them when they grow up. Consequently, there will be no desire for anything better.

The following is a list of the schools closed for varied periods during 1937. It will be seen that in the months of January and February especially, influenza was responsible for a considerable period of absence from School.

School	Closed from	Closed to	Reason
Crosby-on-Eden	11th Jan.	15th Jan.	Chickenpox
Warwicksland	18th „	5th Feb.	Influenza
Spelter Works	„ „	29th Jan.	„
Hallbankgate	„ „	„ „	„
Burgh-by-Sands	„ „	„ „	„
Kingstown	19th „	„ „	„
Warwick Bridge	20th „	5th Feb.	„
Kirkandrews-on-Eden	„ „	29th Jan.	„
Carleton	21st „	5th Feb.	„
Castle Carrock	„ „	„ „	„
Hayton	18th „	5th Feb.	„
Great Corby	19th „	29th Jan.	„
Cargo	25th „	5th Feb.	„
Rockcliffe	„ „	„ „	„
Blackford	„ „	„ „	„
Great Orton	27th „	„ „	„
Lanercost	„ „	„ „	„
Wreay	„ „	„ „	„
Cumwhinton	28th „	12th Feb.	„
Stapleton	„ „	„ „	„
Easton	„ „	„ „	„
Dalston Royal	29th „	„ „	„
Lees Hill	„ „	„ „	„
Longtown Mixed	1st Feb.	12th „	„
„ Infants	„ „	„ „	„
Stoneraise	„ „	„ „	„
Moat	„ „	„ „	„
Talkin	„ „	„ „	„
Houghton	„ „	„ „	„
Bewcastle Bailey	3rd „	12th „	„

Gilsland	8th Feb.	19th Feb.	Influenza
Firends	15th "	" "	"
Walton	" "	26th "	"
Wetheral	17th "	" "	"
Irthington	19th "	" "	"
Cumwhitton	22nd "	5th Mar.	"
Bewcastle Park	1st "	12th Feb.	"
Moat	24th May	4th June	Chickenpox
Castle Carrock	23rd Aug.	17th Sept.	Measles
Spelter Works	13th Sept.	1st Oct.	Chickenpox
Longtown Infants	14th Oct.	12th Nov.	Measles
" Mixed	1st Nov.	" "	"
Bewcastle Bailey	6th Dec.	10th Dec.	Influenza

Clinics and Treatment Centres.

One treatment centre was in operation during 1937 at Brampton. The programme at this Centre is as follows:—

School Clinic—1st and 3rd Fridays, 9-30 to 12-15. A Nurse attends every Friday. Maternity and Child Welfare Clinic as above in all respects except the hour which is 1—3 p.m. Tuberculosis Dispensary—1st and 3rd Fridays at 3 p.m. Dental Clinic—Thursdays—morning and afternoon by appointment.

Considerable use continues to be made of all sections, as you will notice from the following figures.—

ATTENDANCES DURING 1937.

School Clinic—205 individual children attended, making 809 attendances.

MATERNITY & CHILD WELFARE CLINIC.

43 Individual Children 1—5 years.

32 " " 0—1 year.

5 " Nursing Mothers,

making 236 attendances in all.

TUBERCULOSIS DISPENSARY.

New Cases seen	19
Contacts examined (2 found to be T.B.)	..				61
Home Visits by the Medical Officer			62
Consultations held with General Practitioners					21

making 207 attendances in all.

In view of the population served by this Centre and the scattered nature of the area, the attendances show that the Centre fulfils a want.

This clinic is administered by the Cumberland County Council and the above figures were supplied to me by the Tuberculosis-Officer (Dr. Towers).

There remain a number of schools within your area which cannot take advantage of this Centre owing to distance and transport facilities, namely, those schools North, South and West of Carlisle. There is abundant evidence that in these areas, a new Centre is a necessity and such a Centre is being established in Portland Square, Carlisle, and it is expected it will be opened in May, 1938.

It has been definitely fixed to have

1. School Clinics
2. Dental Clinics
3. Maternity & Child Welfare Clinics
4. Tuberculosis Clinics
5. Orthopœdic Clinics

in this new place.

Sanitary circumstances of the area.

Water.

The existing supplies provided by your Council have been adequate, although the prevalence of milk-Cooling has reduced the pressures inconveniently low at high points in various systems. The reports of the Analyst on samples taken do not indicate any special action as necessary.

Extensions of mains on the Roughton Gill Supply have been made at Buckabank, Chalkfoot and Newby Cross and the Wetheral¹ Parish Supply has been extended at Burnriggs and Broadwath.

The Crew Fell Water Supply Contract was in progress at the end of the year, the larger diameter mains near the springs having been laid.

Sewerage and Sewage Disposal.

The villages of Hethersgill and Laversdale were provided with Schemes of Sewerage and Sewage Disposal and a similar Scheme for Fangh village was in progress at the end of the year. Long-burgh was provided with a Sewer and Tank treatment.

Sanction was obtained from the Minister of Health for a Scheme for Burgh-by-Sands and a Contract signed for carrying out the work.

New Buildings.

The number of new buildings approved for occupation as dwellings was 53, 15 being disapproved under Town Planning procedure.

Housing.

1. Inspection of Dwelling-Houses during the year.

- | | |
|--|------|
| (i) (a) Total number of dwelling-houses inspected for housing defects (under Public Health or Housing Acts | 178. |
|--|------|

- (b) Number of inspections made for the purpose—249.
 - (ii) (a) Number of dwelling-houses (included under Sub-head (I) above) which were inspected and recorded under the Housing Consolidated Regulations, 1925—103.
 - (b) Number of inspections made for the purpose—129.
 - (iii) Number of dwelling-houses found to be in a state, so dangerous or injurious to health as to be unfit for human habitation—73.
 - (iv) Number of dwelling-houses (exclusive of those referred to under the preceeding sub-head) found not to be in all respects reasonably fit for human habitation—30
2. Remedy of defects during the year without service of formal notices.
- Number of defective dwelling-houses rendered fit in consequence of informal action by the Local Authority or their officers—51.
3. Action under Statutory Powers during the year.
- (a) Proceedings under Sections 9, 10 and 16 of the Housing Act, 1936.
 - (i) Number of dwelling-houses in respect of which notices were served requiring repairs—Nil.
 - (ii) Number of dwelling-houses which were rendered fit after service of formal notices
 - (a) By owners—Nil.
 - (b) By Local Authority in default of owners—Nil.
 - (b) Proceedings under Public Health Acts.
 - (i) Number of dwelling-houses in respect of which notices were served requiring defects to be remedied—38.

- (ii) Number of dwelling-houses in which defects were remedied after service of formal notices
 - (a) By owners— 18.
 - (b) By Local Authority in default of owners—Nil
- (c) Proceedings under Sections 11 and 13 of the Housing Act, 1936.
 - (i) Number of dwelling-houses in respect of which Demolition Orders were made— 22.
 - (ii) Number of dwelling-houses demolished in pursuance of Demolition Orders— 3.
- (d) Proceedings under Section 12 of the Housing Act, 1936.
 - (i) Number of separate tenements or underground rooms in respect of which Closing Orders were made— Nil.
 - (ii) Number of separate tenements or underground rooms in respect of which Closing Orders were determined, the tenement or room having been rendered fit— Nil.
- 4. Housing Act, 1936.
 - (a) (i) Number of dwellings overcrowded at the end of the year— 222.
 - (ii) Number of families dwelling therein—226.
 - (iii) „ „ persons „ „ —1386.
 - (b) Number of new cases of overcrowding reported during the year— 14.
 - (c) (i) Number of cases of overcrowding relieved during the year— 50.
 - (ii) Number of persons concerned in such cases—275.

- (d) Particulars of any cases in which dwelling-houses have again become overcrowded after the Local Authority have taken steps for the abatement of overcrowding— Nil.

Milk Sampling.

The joint scheme of milk sampling carried out by your officials and the County Council has operated very satisfactorily. During the year samples have been collected from 131 Tuberculin Tested and accredited producers, with an average of four samples from each. The following have been the results :—

(a)	Number with no unsatisfactory samples—	40.
(b)	„ 1 „ sample—	42.
(c)	„ 2 „ samples—	26.
(d)	„ 3 „ „ —	16.
(e)	„ 4 or more „ „ —	7.
		—
		Total 131.
		—

Several visits have been paid to producers with unsatisfactory samples and advice given. In the case of those with four or more unsatisfactory samples, action was taken by the County Council as under :—

1. One Licence was suspended.
2. Four Licences were not renewed at the end of the year.
3. In the other two cases, further sampling was satisfactory and no action was taken.

NOTIFIABLE DISEASES during the year 1937.

<i>Disease.</i>	<i>Total Cases Notified.</i>	<i>Cases admitted to Hospital.</i>	<i>Deaths.</i>
Smallpox	nil	nil	nil
Scarlet Fever	40	34	1
Diphtheria	5	5	nil
Enteric Fever (including Paratyphoid)	9	9	nil
Puerperal Fever	1	1	nil
Puerperal Pyrexia	1	1	nil
Pneumonia	25	15	15
Other Diseases generally notifiable	12	5	nil

Tuberculosis.

Notifications and Inward Transfers during 1937, with age periods :—

<i>Age Periods.</i>					New Cases.				
					<i>Respiratory.</i>		<i>Non-Respiratory.</i>		
					<i>Male</i>	<i>Female</i>	<i>Male</i>	<i>Female</i>	
0	—	—	...	—	—
1	—	—	...	—	1
					—	—	...	1	—
5	—	4	...	—	—
					—	—	...	2	—
15	—	—	...	1	2
					1	1	...	—	—
25	2	4	...	—	2
					3	3	...	1	—
35	—	—	...	—	—
					2	1	...	—	—
45	—	—	...	—	—
					4	2	...	—	—
55	—	—	...	—	2
					—	2	...	—	—
65 and upwards	—	1	...	1	1
Total					12	18	...	6	8

Occupations of the above Cases :—

Pulmonary.

Males.		Females.	
1.	Discharged Soldier	1	1. No occupation ... 1
2.	„ Seaman	1	2. House duties ... 12
3.	Carpenter ...	1	3. Domestic Servants 1
4.	No occupation ...	4	4. School 4
5.	Soldier ...	1	
6.	Clogger ...	1	Total 18
7.	Fitter ...	1	
8.	Farm Worker ...	1	
9.	Farmer ...	1	
Total		12	

Non-Pulmonary.

Males.		Females.	
1.	School ...	3	1. Manageress of Hotel 1
2.	Farmer ...	1	2. House Duties ... 3
3.	No Occupation ...	1	3. School 1
4.	Retired ...	1	4. Metal Boxworker ... 1
Total		6	5. No Occupation ... 1
			6. Domestic Servant ... 1
			Total 8

The deaths from Pulmonary Tuberculosis numbered 10, 6 males and 4 females, and from Non-Pulmonary Tuberculosis 2, 1 male and 1 female.

Death-rate—.4 per 1000 of the population.

Comparison with former years :—

Years.	1934	1935	1936	1937
Numbers	19	20	5	12
Rates	.7	.7	.13	.4

Cases un-notified 2 (died)
 Percentage of of un-notified deaths to total deaths ... 16%

Cases on Tuberculosis Register at December 31st, 1936 :—

PULMONARY.			NON-PULMONARY.		
Males		Females	Males		Females
32	...	35	19	...	21

At December 31st, 1937 :—

PULMONARY.			NON-PULMONARY.		
Males		Females	Males		Females
32	...	40	24	...	18

Tuberculosis Deaths.

Age Periods				Respiratory.		Non-Respiratory	
				Male	Female	Male	Female
0	—	—	—	—
1	—	—	—	—
5	—	—	—	—
15	—	—	—	—
25	—	1	—	—
35	1	1	—	—
				1		—	—
45	1		—	—
				1	1	—	1
55	—	—	—	—
65 and upwards	2	1	—	—
						1	—
Total				6	4	1	1

No action has been taken under the Public Health (Prevention of Tuberculosis) Regulations or under the Public Health Act.

Notification is very good in your area and use is made of the Tuberculosis officers of the County Council in doubtful cases.

Vaccination.

Your District holds a very high place regarding the vaccination of infants. About 80% of the children whose births are registered have been successfully vaccinated. When it is noted that the percentage for the whole County of Cumberland is 40, your area can be classed as "Very well vaccinated."

REPORT OF SANITARY INSPECTOR for year ending 31st December, 1937.

Notices Served.

The number of Notices served during the year was 178, as set out in the following table :—

	Formal	Informal
Public Health Acts	14	35
Housing Acts	73	5
Milk and Dairies Acts and Orders	—	51
Totals	87	91 - 178.

Excluding the formal Notices served under the Housing Acts, the remainder of the notices have either been complied with or proposals for carrying out the necessary works have been agreed to.

Housing.

During the year progress has been maintained in regard to the reconditioning and improvement of existing dwellings as a result of informal action ; twenty-one houses have been thoroughly reconditioned and a considerable number are in hand.

Twenty-nine applications (affecting fifty-three houses) for assistance under the Housing (Rural Workers) Acts were submitted to me by the County Council for inspection and report.

Thirty houses were completed in addition to those referred to above and in several others work is in progress.

It is interesting and encouraging to observe that increased use is being made of the facilities provided under the Housing (Rural Workers) Acts.

Provisions exist under the various Housing Acts to enable Local Authorities and private owners to recondition, improve, and enlarge dwellings, and I hold the view where it is at all possible to improve an existing cottage, this should be done, rather than it should be demolished, as when demolition takes place,—particularly in the more remote parts of the area, it is seldom, if ever, that another one is built to replace it.

Re-Housing.

The Council's Programme can now be said to be fairly well under way. During the year thirty-eight houses were completed and occupied, forty six are in course of erection, and schemes for the provision of a further seventy-two houses are under consideration.

The following table shows the present position :—

	Place.	Number.	
Houses completed	Cummersdale	26	
	Cumwhinton	8	
	Cargo	2	
	Rockcliffe	2	38
		<hr/>	<hr/>
Houses in course of erection	Cargo	6	
	Longtown	40	46
		<hr/>	<hr/>
Under consideration	Brampton	36	
	Corby Hill	24	
	Dalston	12	72
		<hr/>	<hr/>

Overcrowding.

The number of houses overcrowded at the end of the year was 222, a decrease of 36 over last year. During the year 14 new cases of overcrowding were reported.

The number of cases of overcrowding relieved during the year was 50, details of which are set out below:—

No. of cases of overcrowding relieved.

1. By the Local Authority **Number of**

	Cases	Families	Persons
(i) Slum Clearance	14	14	60
(ii) Ordinary	5	5	27
Total	19	19	87

2. By tenants removing **Number of**

	Cases	Families	Persons
(i) Slum Clearance	—	—	—
(ii) Ordinary	31	32	188
Total	31	32	188
Grand Total	50	51	275

The problem of relieving overcrowding is not easy, and would be made more difficult without the co-operation of private landlords. During the year several cases of overcrowding have been relieved as a result of such co-operation, and the help rendered by landlords in such instances is appreciated.

The number of Certificates issued as to the Number of Persons Permitted to occupy Certain Dwellings is 55, affecting 592 houses.

Drainage and Water-Closets.

The number of houses provided with proper drainage and water-closets shows a very considerable increase over last year.

Where circumstances permit, i.e. where sewerage and water-supplies are available, every effort is made to induce owners to provide suitable sanitary accommodation and the results have been very satisfactory.

The number of water-closets provided in place of earth-closets or privies is 174, an increase of 121 over last year.

95 of these are drained to the Council's sewers and 79 to cesspools.

In all, 119 houses have been provided with new drainage systems, an increase of 62 over the previous year.

Water Supplies.

The number of houses provided with a sufficient water-supply is 165, an increase of 111 on the previous year.

Milk and Dairies Acts and Orders.

The number of registered producers in the district is 1256, the same as last year.

The work of alterations and improvements of cowsheds and dairy premises continues satisfactorily.

731 inspections have been made, 51 notices or letters issued, and 47 cowsheds have been altered and improved. In addition, suitable cooling and sterilising rooms together with sterilising equipment have been provided.

With regard to dirty conditions of cowsheds and cattle 23 notices were served.

The scheme of milk-sampling entered into with the County Council has operated during the year.

The scheme provides for all sampling to be done by this authority, and samples are collected under the following heads:—

Accredited producers	...	Once in each quarter.
Tuberculin-Tested producers		
(Wholesale)	Once in each quarter.
Tuberculin-Tested producers		
(Retail)	Once in each month.
School Milk Supplies	...	Three times a year in the 1st, 2nd, and 4th quarters.
Ungraded milks	Up to 100 samples to be taken during the year.

In addition, the Carlisle Corporation kindly agreed to co-operate and they undertook to collect samples from producers whose premises are situated in the Council's area, and who retail milk in the City, thus preventing overlapping.

The number of samples taken during the year is as follows:—

Samples collected by Carlisle Corporation	...	185
Samples collected by Rural District Council:—		
Accredited	409
Tuberculin Tested	...	77
School Milk	60
Ordinary Producers	<u>52</u> <u>598</u>
	<u>Total</u>	<u>... .. 783</u>

Table showing licences in force in the district previous to and during the year 1937.

Year	T.T.	Accredited Licences.
Previous to 1935	4	3
1935	11	85
1936	23	111
1937	32*	124

*4 cancelled during the year.

Comparative statement showing Accredited Licences in force in the various districts in the County during the year.

District.	No. of Accredited Licences.			
Rural Districts.				
Alston	2
Border	124
Cockermouth	27
Ennerdale	25
Millom	18
Penrith	19
Wigton	69
Urban Districts.				
Cockermouth	2
Keswick	Nil
Maryport	5
Penrith	1
Borough Councils.				
Whitehaven	9
Workington	4

Slaughter Houses.

There are 18 slaughter houses in the district.

459 inspections have been made and generally no cause for complaint has arisen. In two or three instances the disposal of offal was not satisfactory but this has now been remedied.

Three inspections were carried out in cases of emergency slaughter.

Shops Acts, 1934.

165 shops have been inspected and in all but three it was found the provisions as to lighting, ventilating, heating, and sanitary accommodation were satisfactory.

The three cases referred to are receiving attention.

The numbers and types of shops inspected were as follows :—

Boot Repairer	9
Baker and Confectioner	13
Butcher	12
Confectioner and Tobacconist	23
Chemist	3
Cycle Repairer	3
Draper	10
Dairy Producer	2
Fish and Chip Purveyors	3
Furniture Dealers	5
Fancy Goods	1
Greengrocer	3
Hairdresser (Gents)	4
Hairdresser (Ladies)	1
Ironmonger	1

Jeweller and Watch Repairer	...	2
Printer and Stationer	...	1
Provision Merchant	...	36
Painter and Decorator	...	4
Post Office	...	18
Plumber	...	4
Saddler	...	2
Spirit Merchant	...	1
Tailor and Clothier	...	4
Total		<hr/> 165 <hr/>

Offensive Trades.

There are two Knackers Yards in the district, both of which have been satisfactorily managed.

Smoke abatement.

No action was necessary during the year under the above heading.

Rivers & Streams.

No complaints were received in regard to pollution of water-courses, but ten complaints of drainage discharging into roadside ditches were dealt with.

Rats and Mice Destruction Act, 1919.

This Council continues to act as agents of the County Council with regard to the distribution of rat-poison, which is supplied free on request.

Forty-nine applications for supplies were received.

Refuse Collection and Disposal.

It was decided to institute a scheme of house refuse collection in the Parish of Rockcliffe, and the remaining part of Kingmoor. This brings the number of areas in which refuse is collected up to twenty. In addition, the Cummersdale area was extended to include houses recently erected by the Land Settlement Association on the Lingey Close Lane, Dalston.

Seven Contractors are employed to carry out the work, using their own vehicles, except in Longtown and Brampton where the Council continue to provide a horse drawn vehicle.

There are 23 'tips' under the Council's control: 19 of these are used solely by the Council, and 4 are provided and maintained by the Council, to which the residents take their own refuse.

During the year, the tip situated near Cairn Bridge was discontinued. Negotiations are in progress for the acquisition of land suitable for a tip to serve the Parish of Burgh-by-Sands.

The table showing the areas and approximate number of houses has been revised.

TABLE SHOWING AREAS, APPROXIMATE NUMBER OF HOUSES AND SITUATION OF TIPS:

<i>Parish.</i>	<i>Place.</i>	<i>Approx. No. of Houses.</i>	<i>Site of Tip.</i>
Arthuret ...	Longtown ...	400	Adjoining west side of R. Esk near Bridge.
Brampton ..	Brampton and Outskirts ...	625	Adjoining Cotehill Lonning
Do.	Milton and Brampton Junction ...	42	In wood adjoining highway between Milton and Farlam Hall
Castle Carrock	Castle Carrock	53	Disused Quarry near Long-dyke
Cummersdale	Cummersdale and District..	155	Adjoining Peter Lane
Dalston ...	Dalston and District ...	255	Sand Quarry at Toddle Row, Chalkfoot
Kingmocr ...	Kingstown and Moorville ...	227	Kingmoor Brick Fields
Hayton ...	How Mill and District ...	100	Faugh Beck, between Faugh and How Mill
Do. ...	Hayton Village	92	West of village adjoining road leading to Shaw House
Do. ..	Talkin and District ..	48	Adjoining road near Springwell Cottages
Do. ...	Little Corby and Corby Hill ...	53	On Newby Road near Little Corby
Hayton and Wetheral ..	Heads Nook ...	55	West of Hayton, adjoining road leading to Shaw House
Wetheral ...	Wetheral and Scotby ...	401	Scotby Road and Parkhead, Cumwhinton
Do. ...	Gt. Corby and Warwick Bge.	240	Clints Road and Burnriggs Road
Do. ...	Cumwhinton and Cotehill...	252	Parkhead, Cumwhinton
Do. ...	Warwick and Aglionby ...	68	Warwick Moor
St. Cuthbert Without	Blackwell ...	170	Near "The Pines," Durdar
Do. ..	Carleton and District ...	128	Parkhead, Cumwhinton
Stanwix ..	Houghton, Linstock, Crosby, &c. ...	240	Near Linstock Road End
Rockcliffe	Rockcliffe District, Todhills, &c.	216	On west side of main Glasgow Road, near Todhills
	Total No. of Houses	3820	

STATEMENT OF COST OF REFUSE COLLECTION IN THE
DISTRICT FOR YEAR ENDING 1937.

Collection payment to Contractors	£667	0	6
Rents and Acknowledgements	28	10	0
Materials and repairs, fencing, roads, &c.	24	15	7
Labour, maintaining tips, &c.	190	16	4
Poisons and Disinfectants	13	4	6
Miscellaneous (Advertisements, &c.)	13	15	0
Total			£938	1	11

The cost per house per annum for Refuse Collection is
4s. 10.93d.

Inquiries.

During the year two Ministry of Health Inquiries were
attended in regard to sewerage schemes.

Record of Inspections.

Houses inspected	1176
" " re Infectious Diseases	9
" " re Overcrowding	646
" " re Dirty Conditions	4
" " re Animals kept	—
" " re Water Supply	11
" " re Sanitary Accommodation (Sewering of Villages)	263
" " under Housing Acts	221
" " re Nuisances	110
Vans inspected	9
Schools	40
Factories	4
Workshops	22
Bakehouses	14
Cowsheds	731
Slaughter Houses inspected	459
No. of visits—Emergency Slaughter	3
Offensive Trades inspected	6
Drains inspected	192
No. of inspections—Watercourses, &c.	10
" " —Refuse Tips	66

Miscellaneous	43
Interviews with Owners, Agents, &c.	303
Inspections under Petroleum Acts	67
Milk Sampling	598
Complaints	71

List of Works Executed.

	By Notice	Without Notice
HOUSES		
Provided with sufficient supply of water ...	—	165
" " Closet Accommo- dation ...	14	160
Closets converted to W.C.'s	14	160
W.C.'s cleansed and repaired	1	7
Disinfected	—	30
WORKSHOPS.		
Bakehouses limewashed and cleansed ...	—	12
MILK AND DAIRIES ORDERS.		
Cowsheds reconstructed and/or improved...	—	47
New Cowsheds provided	—	—
Cooling and Sterilising Rooms provided and improved, and Sterilising Plants installed	—	47
Cowsheds cleansed and limewashed ...	23	—
DRAINS		
Existing Drains connected to Sewer ...	—	2
New Drains provided and connected to Sewer	31	19
" " to Cesspools ...	—	79
Cleansed	22	—
ASHPITS.		
Constructed (New)	—	—
Cleansed	4	—
OFFENSIVE TRADES.		
Premises Limewashed	—	2
Offensive Accumulations removed...	6	5
SLAUGHTER HOUSES.		
Premises linewashed	—	18

I am,

Your obedient Servant,

JOHN S. WATSON,

Sanitary Inspector.

